

## Full Report (All Nutrients) 14029, Alcoholic beverage, whiskey sour, prepared from item 14028

Report Date: July 04, 2017 15:03 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.4g	1 portion (2 oz mix + 1.5 oz whiskey) 106g
<b>Proximates</b>						
Water	g	72.44	--	--	22.02	76.79
Energy	kcal	153	--	--	47	162
Energy	kJ	638	--	--	194	676
Protein	g	0.06	--	--	0.02	0.06
Total lipid (fat)	g	0.06	--	--	0.02	0.06
Ash	g	0.12	--	--	0.04	0.13
Carbohydrate, by difference	g	12.82	--	--	3.90	13.59
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	12.78	--	--	3.89	13.55
<b>Minerals</b>						
Calcium, Ca	mg	1	--	--	0	1
Iron, Fe	mg	0.08	--	--	0.02	0.08
Magnesium, Mg	mg	1	--	--	0	1
Phosphorus, P	mg	5	--	--	2	5
Potassium, K	mg	18	--	--	5	19
Sodium, Na	mg	61	--	--	19	65
Zinc, Zn	mg	0.06	--	--	0.02	0.06
Copper, Cu	mg	0.008	--	--	0.002	0.008
Manganese, Mn	mg	0.007	--	--	0.002	0.007
Selenium, Se	µg	0.2	--	--	0.1	0.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.6	--	--	0.5	1.7
Thiamin	mg	0.010	--	--	0.003	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.4g	1 portion (2 oz mix + 1.5 oz whiskey) 106g
Riboflavin	mg	0.008	--	--	0.002	0.008
Niacin	mg	0.005	--	--	0.002	0.005
Pantothenic acid	mg	0.008	--	--	0.002	0.008
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.005	--	--	0.002	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.005	--	--	0.002	0.005
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.001	--	--	0.000	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.001	--	--	0.000	0.001
20:1	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.4g	1 portion (2 oz mix + 1.5 oz whiskey) 106g
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.011	--	--	0.003	0.012
18:2 undifferentiated	g	0.008	--	--	0.002	0.008
18:3 undifferentiated	g	0.003	--	--	0.001	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	14.5	--	--	4.4	15.4
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0